

## SREE NARAYANA COLLEGE, KOLLAM

### WALK WITH A SCHOLAR PROGRAMME 2018-19

#### REPORT

Walk with a Scholar programme is a scheme under the New Initiatives of Higher Education of the Directorate of Collegiate Education, Department of Higher Education, Government of Kerala. It is designed for the students of Undergraduate Programmes that introduces the idea of mentoring and builds on the concept of mentor as a 'guide and friend'.

The activity initiated with an Orientation program for Coordinators by the Directorate of Collegiate Education, Thiruvananthapuram on 17/09/2018. An idea about the structure and intention of the programme was briefed by Dr. Murugan K, State Co-ordinator. As per the instructions, a College level internal monitoring committee was instituted with Principal, IQAC Co-ordinator, WWS Co-ordinator, three teachers, student representatives of first year and second year as members. Mentors were selected in consultation with the committee. Orientation programme for Internal mentors was arranged by DCE at BJM Govt. College, Chavara on 16/10/18. Mentees were selected based on academic excellence and personal interaction with the Co-ordinator. An Induction programme for mentors was arranged by the Coordinator on 05/10/2018 in the presence of the committee member Sri. Anil Raj V. who was also the former WWS Coordinator. Stationeries such as files, notebooks, pens were provided along with brief instructions, forms, list of mentees of first year and second year, tentative syllabus, a pamphlet on mentoring to all mentors. Tea and snacks were served. On 23/10/2018, an interactive session between first year mentees and their mentors were arranged and the same were arranged for second year mentees and their mentors on 15/11/18. Stationery kit for mentees were distributed on these interactive sessions. Both internal and external mentoring sessions started in October and November respectively.

#### LIST OF MENTOR – MENTEE (2018 – 19) SECOND YEAR

Sl. No.	MENTOR	MENTEE	DEPARTMENT
1	Smt. Misha V, Assistant Professor of Commerce	Anusree S	B Com
2		Krishnapriya S	BSc Chemistry
3		Sona Varghese	
4		Arun M	BA Economics
5		Anand Raj	
6		H. Kiran	BSc Botany
7	Smt. Aarcha S S, Assistant Professor of Commerce	Anjitha Krishnan	B Com
8		Sagara A V	BA Philosophy
9		Sreejith A S	B Sc Maths
10		Lahana V Mohan	
11		Gokul Raj	BSc Chemistry
12		Abhinand Bose C	
13	Kum. Deepa MS, Assistant Professor of History	Arun Raj J	BA Malayalam
14		Gouri Pramod	
15		Ansha N	BA Economics
16		Srihari R	

17		Ajmal A	BSc Botany and Biotech
18		Pranav A	
19	Smt. Rehna R, Assistant Professor of Physics	Devipriya R S	BSc Physics
20		Kavya Visakh	
21		Bhagya R	
22		Praveen Raj R	BA Sanskrit
23		Nila B B	
24		Athul Thilak	BA Philosophy
25	Dr. S Sheeba, Assistant Professor of Zoology	Rabi Krishnan R	BSc Physics & Comp Appln
26		Abhijith C G	
27		Anandhu S	
28		Athira Muraly	BA Philosophy
29		Kavya T	BA Malayalam
30		Sumayya N	

### FIRST YEAR

Sl. No.	MENTOR	MENTEE	DEPARTMENT
1	Dr. Anjana Thampi, Assistant Professor of English	Nanda J	BA English
2		Devika S Kumar	BA English
3		Malasree V R	BA Jour & Mass Comm
4		Akshaya S	BA History
5		Thansi N.	BA History
6		Vismaya A	BA History
7	Smt. Minnu S., Assistant Professor of Political Science	Lijo Lawrence	BA Pol Sci
8		Aiswarya M G	BA Malayalam
9		Sarath G	BA Malayalam
10		Kannan M	BA Malayalam
11		Drisya Krishna T S	BSc Botany
12		Uma Prasad	BSc Botany
13	Smt. R Reshma, Assistant Professor of Chemistry	Arun A	BSc Chem
14		Aiswarya Viswan	BSc Physics and Comp Appln
15		Fathimuthu Suhara	BSc Botany
16		Surya S.	BA Hindi
17		Fousiya A	BA Econ
18		Shehna S	BA Econ
19	Smt. Greeshma P, Assistant Professor of Biotechnology	Anjali B R	BSc Bot and BT
20		Athulya Raj	BSc Bot and BT
21		Midhila M S	BA Philosophy
22		Aadithya Sai Sankar	BA Philosophy
23		Ashna M	BSc Zoology
24		Shihab Shajahan	BA Jour & Mass Comm
25	Smt. Anisha U, Assistant Professor of Commerce	Lenin M	B Com
26		Greeshma M R	BSc Maths
27		Abhinandana B	BSc Physics
28		Arun J K	BSc Physics
29		Anandhu S Kumar	BSc Physics and Comp Appln
30		Govind Kannan J S	BSc Physics and Comp Appln

## **INTERNAL MENTORING SESSIONS**

Internal mentoring started during Oct/Nov 2018 and finished by February 2019. All the mentors completed their tasks well in the stipulated time period. Dr. Parvathy U, Assistant Professor of English was substituted by Dr. Anjana Thampi, Assistant Professor of English as the former got transfer to another College. The mentees had ice-breaking sessions with self introduction and other activities. Biodata were collected. The mentors discussed on the family matters of the mentees personally and cleared their concerns. They stressed on the importance of reading newspapers daily, discussed on contemporary issues, career prospects, conducted debate, reviews on Books/ films, Life of inspiring icons. Internal mentor's diary and Activity report were collected along with their Declaration form by the Coordinator.

## **EXTERNAL MENTORING SESSIONS**

External mentors were invited from the district –wise panel of external mentors given by the office of the New Initiatives in Higher Education, DCE. Ten external mentors were selected and five sessions were engaged by each external mentor. Feedback of each mentor were collected from each mentee and consolidated. Attendance of mentees were taken regularly. Tea and Snacks were provided. Resource persons were provided lunch from office expenses.

External mentoring sessions started on 24<sup>th</sup> November 2018, for 2<sup>nd</sup> year mentees by Sri. Jayesh J L, Career Trainer. He gave five sessions on career guidance, competitive examinations, conducted tests on quantitative aptitude, reasoning and logical puzzles. The students got an orientation on various competitive examinations.

On 1/12/2018, Dr. Sajith S J Sasi, Assistant Professor, Department of Hindi conducted five sessions for 2<sup>nd</sup> year mentees on success coaching, creative thinking, team building, meditation and mindpower and mindpower for success. The students were overwhelmed by both indoor and outdoor activities.

The 2<sup>nd</sup> year mentees were given five sessions on 15/12/2018 with Sri. Joseph Morris, Director of Morris college of IELTS , who emphasized on the use of English language. The sessions were on essential English awareness to attend interviews, assimilation of lexical resources, grammatical range and accuracy, cohesion and coherence in communicative English and confidence building measures. The students are equipped with basics on effective communication in English.

On 15/12/2018, external mentoring sessions started for 1<sup>st</sup> year mentees. Sri. Biju B, Trainer, Kerala Youth Promotion Council, gave five sessions on self awareness, communication, interpersonal relationship, critical and creative thinking, decision making and problem solving. The mentees were made aware of many life related problems and solutions.

Sri. Praveen Kumar S K, Leadership trainer, enriched the 1<sup>st</sup> year mentees on 22/12/2018 with five sessions on self awareness, self management, confidence building, leadership and social, political and cultural awareness. The session was both interactive and effective.

On 22/12/2018, Sri. Vasanth Krishnan S, Mentor, Green Army International unit, delivered five classes to 2<sup>nd</sup> year mentees on self awareness and effective communication, empathy and interpersonal relationship, critical and creative thinking, problem solving and decision making, coping with emotions and stress. The students learned stress management.

Sri. Sreeraj Parackal, Placement and training officer, rendered five sessions to 2<sup>nd</sup> year mentees on 05/01/2019 on building positive attitude, motivation and power of brain, self-branding techniques, creativity and interpersonal skills and interview skills. It was an interactive session and the students got an idea about various job opportunities.

On 05/01/2019, Dr. Sajith S J Sasi, Assistant Professor, Department of Hindi conducted five sessions for 1<sup>st</sup> year mentees on success coaching, creative thinking, team building, meditation and mindpower and mindpower for success. The mentees understood the value of meditation.

On 19/1/2019 Sri. Rajesh Maheswar, Memory Trainer gave five sessions on memory development training, motivation, happy learning, memory with counselling, and fun with knowledge to 1<sup>st</sup> year mentees. The mentees were equipped with memory training and practice.

On 2/2/2019, Sri. C N Ajai Kumar, Director, New Dawn Life Skills, took five classes for 1<sup>st</sup> year mentees on life skills, transactional analysis, leadership, interpersonal skill and goal setting. The sessions were interactive with short film shows and discussion.

#### MOCK INTERVIEW / APTITUDE TEST

On 16/2/2019, Dr. Mathew K A, Professor (Retired) took five sessions for 2<sup>nd</sup> year mentees on Interview: Theoretical training with demonstration, body language and English skill. Mock interview was conducted for each mentee. Question papers prepared by the resource person for Aptitude tests were distributed. The mentees were given tips on Interview skills.

#### PURCHASE OF STUDY MATERIALS

The College level monitoring committee decided to purchase study materials for the mentees by inviting quotations and to maintain them in the College. Quotations were invited for the supply of study materials and Order was placed to Vasantha Book Stall, Kollam for being the least quoted price for the supply. 82 books in different areas were selected and supplied within the stipulated time. The books were numbered and entered in Books' Stock register and maintained separately. Issue register is maintained and the books are being issued exclusively to the mentees.

Walk with a Scholar programme is a highly beneficial program to both mentors and mentees. It helps the mentees to develop self-confidence, positive attitude and develop social responsibilities that makes them a better citizen. But academic responsibilities of both mentors and mentees at College is a major constraint to explore more into the opportunities of WWS.

COORDINATOR

PRINCIPAL